



# The Inside Scoop

Education & Ice Cream

## REAL ID

Tuesday, October 15, 6:00 p.m.

Is your Driver's License or State ID card REAL ID compliant?  
Learn what you need to do to be in compliance before the federal deadline.

## Managing COPD

Tuesday, November 19, 6:00 p.m.

Learn ways you can help manage your chronic obstructive pulmonary disease (COPD).  
This chronic inflammatory lung disease causes obstructed airflow from the lungs.  
Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. Presenter: Jay Berger, PT, CDP

## Retirement: Making Your \$ Last

Tuesday, December 17, 6:00 p.m.

Learn ways you can work toward fulfilling your retirement expectations. Explore ways to address inflation, health care expenses, market volatility and unexpected events.  
Presenter: Joe Unangst, Edward Jones - Financial Advisor

**Before each free program there will be an optional fried chicken dinner at 5:15 p.m. for \$5.00. Reservations due 48 hours before each program date.**

## Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

9020 Amelung Street, Urbana, MD 21704

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